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Promoting Healthy Physical Activity Habits

According to recent research, childhood obesity in children ages 2 to 5 has more than doubled in the past 30 years. It is well established that children who are obese in their preschool years are more likely to be obese in adolescence and adulthood and to develop diabetes and other chronic diseases. As a result, many child care facilities are making more of an effort to promote children's health and physical activity.

One head start program in particular is Darrough Chapel Early Learning Center in Kokomo, IN. Within this past year, they have implemented a program called GAMO (Get A Move On) that stresses the importance of moving and exercising daily. After lunch each day,

students, staff, and guests drop everything they're doing and exercise for 5 minutes. This involves dancing, jumping, hopping, etc.



In addition to this, the students also have a room called the "Big Room," where they are required to participate in large motor activities for 20 minutes every day. Some items featured in this room include rock climbers, tunnels, jumping balls, hoola hoops, balance beams, a weight bench, miniature bike, miniature elliptical, and miniature treadmill. For the adults, who

can serve as role models for the children, Darrough Chapel has created an exercise room for staff and parents to use in the morning or after school. Some staff walk the building daily, while others are weighing in weekly and using each other as support. A health and wellness fair is held each year, too, where healthy information, trainings, and screens are offered to all staff, invited parents, and the school's community partners.

Great job Darrough Chapel Early Learning Center!

Contributed by: Ashley Mueller

We'd love to hear your success story! Contact Heather Stinson at: hstinson@doe.in.gov

*"A good
cook is like
a sorceress
who
dispenses
happiness."
-Elsa
Schiaparelli*



Maggie Abplanalp
CACFP Specialist

CACFP Training Updates

Take our training survey

We have developed a survey to help us better understand your training needs. The information you provide in this survey will be considered when selecting training topics and when developing new training materials. The survey is open to all staff that play a role in the Child and Adult Care Food Program in your organization, so feel free to forward this link to others.

Please complete the survey by July 8, 2011.

Questions regarding this survey should be sent to Heather Stinson at 317-232-0869 or hstinson@doe.in.gov.

TAKE THE SURVEY

Survey results will be shared in the next quarterly newsletter.

The following recorded online trainings will be available soon:

- Special Dietary Needs in CACFP
- Food Safety Review
- CACFP Wellness Policies

Staff Spotlight: Maggie Abplanalp

Meet Maggie Abplanalp! She has her hands full with her three kids. Maggie claims that Danielle, 24, is too much like her when she was younger. Danielle is a professional hair stylist and very good at it. Maggie's middle daughter Sara, 22, just graduated from IUPUI and is currently seeking a teaching position in elementary/ special education. The youngest is Sam, 17, who is a senior at Perry Meridian High School. Sam is on the Varsity track team and participates in

long jump. She also has two pets, Charlie the beagle and Lexy the cat.

Maggie has worked for the State of Indiana for 32 years and the Indiana Department of Education for 23 years, with five being with CACFP. When asked about her work she stated, "I enjoy working with the CACFP staff very much; they are a great group to work with." When Maggie is not working at the IDOE, she works at Macy's part time or spends time with her boyfriend.

Please Welcome Our New Sponsors

• Hillside UMC Childcare Center	Princeton	Julie Goedde
• Highland Village Church	Bloomington	Karin Davis
• Fall Creek Academy	Pendleton	Kimberly Bell
• Kokomo Rescue Mission	Kokomo	Julie Rohlfing

Food Safety Tip: Choking Hazards for Preschoolers

To prevent choking:

- Have your preschoolers eat at the table. Do not let them run, walk, play, or lie down with food in their mouths.
- Keep a watchful eye on children while they eat.
- Cut food for your preschoolers into pieces no larger than one-half inch ($\frac{1}{2}$ "), and teach them to chew their food well.
 - Slice hotdogs and sausages lengthwise
 - Cut meat and chicken across the grain into small pieces
 - Slice grapes, cherry tomatoes, and other round foods in half
 - Cook carrots or celery sticks until slightly soft, grate them, or cut them into small pieces or thin "matchsticks."
- Spread peanut butter thinly on bread or crackers. A thick "glob" of peanut butter can cause choking.

Foods that may be choking hazards:

- | | | |
|---------------------------------|---|---------------------------------------|
| • Peanuts | • Tough meat | • Cherry tomatoes |
| • Chewing gum | • Hard candy | • Whole grapes |
| • Popcorn | • Large pieces of raw fruits and vegetables | • Chips |
| • Carrot sticks or baby carrots | | • Round slices of hotdogs or sausages |



Source: www.mypyramid.gov

Events Calendar

- ⊕ 8/23/11: Refresher Workshop: Moved to Indiana Government Center South, Conf. Room B (9am-4pm)
- ⊕ 8/25/11: New Sponsor Workshop: Moved to Indiana Government Center South, Conf. Room B (9am-1:30pm)
- ⊕ 10/11/11: New Sponsor WebEx Training (9am-12pm)

*Note: A photo ID is required at all times at the IDOE offices.

Did You Know... About Our Online Resources?

USDA has issued new prototype Applications for Free and Reduced Price Meals, Directions, and Household/Parent letters. These have been adapted for use in Indiana and are located in the Free & Reduced Price Information Section of the CACFP web page. **These documents will be required effective July 1, 2011.** Notice the Applications for Free and Reduced Price Meals contains the income guidelines. This will be the document that will be updated every year. The parent/household letters may not require revisions.

Visit www.doe.in.gov/food/childadults to learn more.

The CNPweb® will be ready for fiscal year 2012 soon!

This information concerns Child and Adult Care Food Program (CACFP) Renewal for Program Year 2012 (October 1, 2011 – September 30, 2012). All renewal documents will be available ONLY in our CNPweb® system after July 4, 2011.

Program renewal materials are due on August 31, 2011.

PROGRAM AGREEMENT – NEW INFORMATION

For Fiscal Year 2009, the Child Nutrition Programs in Indiana initiated the CNP Agreement. This is a permanent document.

For renewing institutions there is a NEW requirement regarding **EMPLOYMENT ELIGIBILITY VERIFICATION**. Every CNP institution is now required to enroll in and verify the work eligibility status of all his/her/its newly hired employees through the E-Verify program as defined in IC 22-5-1.7-3. Institutions will not be required to participate should the E-Verify program cease to exist.

To comply with EMPLOYMENT ELIGIBILITY VERIFICATION, institutions will be required to submit a CNP Agreement Amendment as part of the fy 2012 renewal process. This document will be one of the required off-line forms in the CNPweb®.

ANNUAL INFORMATION CERTIFICATION– NEW INFORMATION

The Healthy, Hunger-Free Kids Act of 2010 (the Act), Public Law 111-296, modifies the requirements for the periodic submission of renewal applications by institutions participating in CACFP. Section 331 of the Act stipulates that institutions will no longer be required to re-apply after submitting the initial application, except for the following items that must be submitted annually:

- A. Updated licensing information for each independent and sponsored facility (does not apply to family day care homes). Licensing information includes a child care center license, a Certificate of Registration, or an alternate approval form.
- B. A single certification (Annual Information Certification) will be required from each renewing organization. This form certifies that any information previously submitted to the States Agency has not changed, or that the institution has submitted any changes or updates to the State Agency. This includes current principals, board members, changes in staff, changes to management plans, etc.
- C. Sponsoring organizations are required to submit annual budgets. Independent centers will submit a 3-year budget once every three years.
- D. Media Release, For-Profit Certification, Listing of Federal Grants Received, and the A-133

Contract renewal materials are due August 31, 2011. This means documents are to be sent to the State Agency and all CNPweb® forms are in the PENDING APPROVAL status no later than **August 31, 2011**. Check the following list to ensure that you have completed all requirements:

- [] One completed copy of the Annual Information Certification with original signature
- [] CNP Agreement Amendment
- [] CNPweb® sponsor information sheet in PENDING APPROVAL status
- [] CNPweb® center information sheet(s) in PENDING APPROVAL status
- [] CNPweb® provider information sheets in PENDING APPROVAL status
- [] All documents that are marked with an orange asterisk (*) on the SPONSOR SUMMARY PACKET have been submitted and the DATE SENT has been entered in the CNPweb®.

There are regulatory deadlines to meet in order to ensure prompt reimbursement for fy 2012 (October 1, 2011 – September 30, 2012). Last year some organizations lost reimbursement because they simply did not get their materials submitted, returned, and/or corrected in a timely manner. Don't let this happen to your organization!

Check the CACFP Web page (<http://www.doe.in.gov/food/childadults/welcome.html>) for additional information after July 4!

Tips for Parents of Picky Eaters

- **Be a good example**

- Children learn a lot about food by watching what people around them are eating. A child may not try a food if they do not see anyone around them eating it. By eating a variety of nutritious foods, parents are role modeling healthy behaviors and encouraging children to do the same.

- **Ask for help at the grocery store**

- Take your child to the produce section and let him or her pick out a few fruits and vegetables. Seeing the many different foods on display may trigger an interest in your child, and may help to excite him or her to try what they picked out.

- **Have fun!**

- Plant a small garden with your child and watch the vegetables grow together. He or she will be eager to try the vegetables when they are ready to eat! Mealtime activities also help kids to explore new foods. Bake cupcakes made with carrots or zucchini together. Or pick out fruits or vegetables with fun names like papaya or squash to try together. Talk about how the new food looks, tastes, or sounds, and make sure to talk about how good it is for the body!

- **Let your child be the chef**

- Working together in the kitchen is a fun way to get your child involved in his or her nutrition. Let him or her sort or mix ingredients, or toss together a salad. If your child helps prepare a new food, he or she is more likely to try it.

- **Don't let snacks replace meals**

- Children need snacks between meals, but what your child chooses as a snack should be monitored to be sure he or she is not eating too much between meals. Snacks should also be given at roughly the same times each day. This will ensure that your child is hungry at dinner time, which will help him or her to be more likely to eat what is served.

- **Be patient**

- Most kids need to try a food many times before they can decide whether they like it or not. Encourage your child to touch and taste the new food each time it is offered, so he or she can explore the texture and flavor of the food.

- **Get rid of distractions during meal time**

- Make sure your child's main focus is on eating during meal time. Meals should be eaten in the kitchen or dining room, and electronics such as televisions or cell phones should not be present.

- **Trust your child's instincts**

- Kids are born with an innate sense of how much they need to eat. Therefore, do not make your child eat if he or she claims not to be hungry. Many parents fear that their child is not getting adequate nutrition if he or she is a picky eater, but this is usually not the case. Children have a natural tendency to experience a fear of trying new foods, and learning to try new foods is part of normal development.

Contributed by: Breanna Cunningham

Adapted from: www.pbs.org, www.mayoclinic.com

Lentil Tacos

Ingredients:

3 cups dry lentils (sorted and rinsed) 2 tablespoon chili powder
1/2 cup raisins 2 teaspoon cumin
8 cups water 1 teaspoon basil
1 green pepper, chopped 1 1/3 cup tomato paste
8 cloves garlic, minced

1. Cook lentils in 3 cups water for 10 minutes.
2. Add remaining ingredients and simmer for 30 minutes (add more water if necessary)
3. Serve with corn tortillas. Can also be served over rice or noodles.

Makes 12 servings

Source: *Beans: The Bold and Beautiful Book of Bean Recipes*



USDA's MyPlate

Recently, the USDA changed their icon from MyPyramid to MyPlate to reflect the messages of the 2010 Dietary Guidelines for Americans. MyPlate is divided into sections of approximately 30 percent grains, 30 percent vegetables, 20 percent fruits and 20 percent protein, accompanied by a smaller circle representing dairy, such as a glass of low-fat/nonfat milk or a yogurt cup.

Additional Recommendations

Balancing Calories

- Enjoy your food, but eat less
- Avoid oversized portions

Foods to Increase

- Make half your plate fruits and vegetables
- Make at least half your grains whole grains
- Switch to fat-free or low-fat (1%) milk

Foods to Reduce

- Compare sodium in foods like soup, bread, and frozen meals-and choose the foods with lower numbers
- Drink water instead of sugary drinks.

To learn more, visit www.choosemyplate.gov.

Look for additional information and resources about MyPlate in future newsletters.

School and Community Nutrition

151 W Ohio St.
Indianapolis, IN 46204

Phone: 1-800-537-1142
Fax: 317-232-0855

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